

# EAT THE FIVE FOOD GROUP WAY!™

This chart is intended as an eating guide for children ages 7-13 who participate in 30-60 minutes of moderate activity daily. For children 14+ and adults, refer to [www.MyPyramid.gov](http://www.MyPyramid.gov).

FOOD GROUP, HEALTH BENEFITS, AND NUTRIENTS <sup>1</sup>	MYPYRAMID.GOV TOTAL DAILY PORTIONS	TRANSLATING PORTIONS INTO DAILY SERVINGS <sup>2</sup>	FOOD	COMMON SERVING SIZE
<b>GRAIN GROUP<sup>3</sup></b> Provides energy and aids digestion  Key Nutrients: ■ Carbohydrate ■ Fiber	Ages 7-10 = <b>5-6</b> oz	→ <b>5-6</b> servings	Bread Tortilla, roll, muffin Bagel, hamburger bun	1 slice 1 1/2
	Ages 11-13 = <b>6-7</b> oz	→ <b>6-7</b> servings	Rice, pasta, cooked cereal, grits Ready-to-eat cereal  Pancake, waffle	1/2 cup 1 oz (flakes or round) 1 (4" diameter)
<b>VEGETABLE GROUP</b> Helps you see in the dark  Key Nutrients: ■ Vitamin A ■ Fiber	Ages 7-10 = <b>2-2½</b> cups	→ <b>4-5</b> servings	Cooked vegetables Chopped, raw vegetables Raw, leafy vegetables Vegetable juice	1/2 cup 1/2 cup 1 cup 3/4 cup
	Ages 11-13 = <b>2½-3</b> cups	→ <b>5-6</b> servings		
<b>FRUIT GROUP</b> Heals cuts and bruises  Key Nutrients: ■ Vitamin C ■ Potassium	Ages 7-10 = <b>1½</b> cups	→ <b>3</b> servings	Apple, banana, orange, pear Grapefruit Cantaloupe	1 medium 1/2 fruit 1/4 fruit
	Ages 11-13 = <b>1½-2</b> cups	→ <b>3-4</b> servings	Raisins, dried fruit Chopped fruit 100% fruit juice	1/4 cup 1/2 cup 3/4 cup
<b>MILK GROUP</b> Builds strong bones and teeth  Key Nutrients: ■ Calcium ■ Vitamin D	Ages 7-10 = <b>3</b> cups	→ <b>3</b> servings	Milk Yogurt Cheese Pudding Frozen yogurt	1 cup (8 oz) 8 oz container 1-1/2 to 2 oz 1/2 cup 1/2 cup
	Ages 11-13 = <b>3</b> cups	→ <b>3</b> servings		
<b>MEAT GROUP</b> Builds strong muscles  Key Nutrients: ■ Protein ■ Iron	Ages 7-10 = <b>5</b> oz	→ <b>2</b> servings	Cooked lean meat, poultry, fish Egg Peanut butter Cooked dried peas or beans Nuts, seeds	2-3 oz 1 (1 oz) 2 tbsp (1 oz) 1/2 cup 1/3 cup
	Ages 11-13 = <b>5-6</b> oz	→ <b>2</b> servings		
<b>"OTHERS" CATEGORY</b>	See MyPyramid.gov for information on "Oils" and "Discretionary Calories."	Active children can consume "Others" in moderation, as long as they eat the recommended amounts from the Five Food Groups.	Fats, oils, spreads Candy Cookies Cake Chips Soft drinks	1 tsp to 1 tbsp 1 oz 2 small 1/16 of cake 1 oz 12 oz

<sup>1</sup> All of the Five Food Groups provide many nutrients. Listed here are some of the most important ones.

<sup>2</sup> These are minimum recommended number of servings. Some people will need more or less servings, depending on their gender, size, activity level and growth.

<sup>3</sup> At least half of the daily servings should come from whole grains.